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THE GLEICHEN CALL

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Items From The Battery

(By Battery Reporter.)

The members of the three services Army, Navy and Air Force, are contributing to the well-being of their comrades held prisoners of war overseas They are giving up part of their rations of butter and cheese, that the gross saving of those foods can be divided equally among the hundreds of food parcels being sent prisoners of war. There is no possibility of the fighting men going short of necessary food vitamins and calories through their contributions. There will be a corresponding increase in their jam and lard rations.

Under the program each will give up one-sixth of an ounce of butter a day and one-eighth ounce of cheese. This may be of small moment per individual, but National Defence Headquarters has announced that each such minute per capita savings will total more than 1,500,000 pounds of cheese and 1,200,000 pounds of butter a year.

The smoker and rifle competition on March 17th was a success. Pay parade, was of course, a great help! Teams from Hussar, Bassano, Cluny and Gleichen competed in the rifle shooting and the Gleichen team had the highest average. For the March Dominion of Canada Rifle Association the following qualified:

Lt. P. B. Nelson 93 percent.
Bdr. H. Chamney 93 percent.
B. S. M. Robt. Laing 89 percent.
Lt. P. Rogers, D.C.M., 88 percent.
Bdr. Wm. Kennedy 88 percent,

Seventy-five members of the unit attended this parade.

United States troops stationed in Britain have to pay at canteens for supplies received free from the British government. Thus the United States Army authorities follow the same practice in the U. S. Army canteens and post exchanges as the British authorities follow in distributing lend-lease food to the British consumer. Presumably they do so for precisely the same reason namely that this is the only practical, efficient and fair way to distribute these supplies.

The Gleichen Artillery Cadet Corp has been issued some very fine equipment,—a Swift's training rifle five new Cooey 22-rifles, telephone and signalling lamps. They have been busily engaged during the past month firing their Strathcona "A" and "B" competitions as well as the Youth of Empire. Results are not as good as in previous years but the boys are doing well for their ages. Donald Hunter has the highest total to date for the juniors and Robert Service for the seniors. (Editor's note—We have seen some of their cards and they were so near 100 percent and so much better than many of us elders could do, that we take our hats off to them.

There will be no parades at any point during Easter week. Those who have attended regularly have earned a rest, but their attendance is expected for all parades called before camp. This year, the camp will be very interesting and the battery should be represented by well trained personnel.

One of the most important problems dealing with rehabilitation is being met by a service club in Canada. The organization has taken it upon itself to assist materially in the placing of physically disabled members of the fighting forces in gainful employment. The club takes an interest in each man while he is in hospital, during convalescence. Advice is given him as to what line of endeavor he is best suited with regard to his handicap. When the man is discharged, or about to be discharged from hospital, the organization spares no effort to find a job for him in an undertaking where his disability will be of no handicap.. So far several men have been so placed, almost immediately after the program opened. Tests and experiments undertaken recently have shown that many physical disabilities are far from a deterrent to successful work.

A WISE DECISION

Thousands of Canadian hearts were lightened last week by the announcement that time for payment of 1943 income tax balances has been extended to August 31st.

Many patriotic citizens, gloomy of their conviction that they couldn't meet the income tax payments by April 30th and buy Sixth Victory Loan bonds at the same time, now rejoice to find that they will not be barred from joining their fellow countrymen in the most important home war effort to date.

Most people have discovered that the purchase of Victory bonds gives them a tangible feeling that they are actually backing up Canadian men in uniform. To have taken away from a portion of these the opportunity of participating again would have been regretable. There is ample proof that throughout the rank and file of Canadian citizens there is far more than enough ready cash to pass the minimum objective of $1,200,000,000 for the Sixth Victory Loan campaign. With the income tax snag removed, sales to individuals should surpass all previous records.

Official Ottawa deserves added commendation in this regard because the income tax announcement was made a month before the Victory Loan opening instead of the eve of the campaign. Time has thus been allowed for a readjustment of personal budgets, and a spirit of bouyancy has been injected into the pre-loan period which should prove invaluable in creating the enthusiasm necessary to the success of any campaign.

FROM THE FILES OF THE CALL TWENTY YEARS AGO

After long years of waiting, trusting and praying the hopes of the people of the great Queenstown district are to be realized, and their never failing faith in one of the very greatest agricultural districts lying out of doors is to be rewarded by the building of a railroad through that magnificent country by the Canadian Pacific Railway Company this year.

C. A. Millie of Piepot, Sask., is visiting relatives and old friends around Gleichen.

The last curling game was played in town on March 31st. Cluny is ambitious to have a rink ready for next season.

N. T. Purcell is back from a visit to his old home in P.E.I. and looks the better for it.

No new hotels have been built lately at the Pharmacy Really fellows you ought to get busy once more.

The many friends of David McBean are pleased to see him about again having recovered from his recent operation.

There is much talk of forming a stock company to build a new hall in town. Many have already signed up and the prospects seem very good for an immediate construction. Two propositions are being considered, a fire proof hall or a wooden structure. The majority seem to favor a fire proof hall which is natural in view of two good halls having been destroyed by fire. Yet the price is also a strong factor to consider.

Henry Riddell left for Loyalist last week after spending over two months visiting his brother Norman.

L. S. Shatto and family of Arrowwood have moved to the State of Washington.

The farmers north of town are now canvassing to obtain stockholders for a community hall and are meeting with much encourageemnt. A lot of pleasure and good can be obtained from a modern community hall and may the undertaking prove a success in every particular.

Geo. H. Gooderham, Blackfoot Indian agent, returned from a trip to Toronto which occupied about three weeks.

Warning concerning the activities of car thieves has been given. Instances have been reported where tires have disappeared. In view of the operations of car thieves, car owners are urged to securely lock their cars and double bolt their garages at night The opening of the spring motoring season means that more thefts likely will be attempted. Consequently, every effort should be made by motorists to protect their property. Instances have been reported where cars were stolen from garages at night, though the keys were not in the car at the time. Evidently some experts are at work. Car owners are advised to promptly report any suspected attempts to steal their cars, so that the criminals may be apprehended as soon as possible.

ST ANDREW'S CHURCH

Easter Sunday, April 9th.
Easter Service and Holy Communion at 3.30 p.m.
Canon Winters, in charge.

STARS OF TOMORROW

"Singing Stars of Tomorrow" is a Sunday feature from Toronto on which the Jean Dickensons and the Edward Johnsons of tomorrow are being sought. Here are two pretty candidates for singing fame rehearsing for their spotlight broadcast with three well known radio personalities. Left to right Mary Call, Toronto, Rex Battle, the Canadian pianist and director of the program, Ted Archer, announcer, Dorothy Hamilton of Weyburn, Sask, another candidate, and Producer John Adaskin. Singing Stars of Tomorrow are heard Sundays.

News Items of Local Interest

Harry Laskoski, R. C. A. F., who has been Overseas for some time has received his commission.

Miss Rachel James left for Calgary last week where she will train as a nurse in the General Hospital

Campbel Brown is home from Camp Shilo on furlough for a couple of week,

Miss Francis Woods returned home last week after spending a month in Calgary.

Mr. and Mrs. Sheppard and daughter of Irricana have moved to town and are living in the house owned by R. Oliver.

A card has been received from Laurier Brown, who is at Harrison Hot Springs, B. C. recovering from a serious operation. Laurie states he never felt better in his life since he he had the operation. He expects to be at the hot springs for sometime yet

The local Red Cross is staging a big dance on Easter Monday in the Community Hall. They hope to raise some funds with which to carry on their work. Easter Monday dances used to be put on by the fire brigade but since the war started they have let the Red Cross have the hall for that night.

Miss Grace Deshayes who is with the Bank of Commerce staff at Edmonton arrived home over the weekend to spend her holidays with her parents Mr. and Mrs. P. Deshayes, Miss Deshayes thinks there is no place like Gleichen and home.

Geo. H. Gooderham returned Saturday from a holiday jaunt to the coast where he visited relatives and friends. Tuesday he left for the Calgary bull sale where he will buy a large number of bulls for various Indian reserves in Alberta. He was accompanied to Clagary by Mrs. Gooderham.

Coupons marked T in the new ration book are for both tea and coffee and do not indicate lifting of the coffee ration. Meat coupons are included in the new book and in all probability will be used before ration book 4 expires. When ration book 4 went to press there was no indication that meat rationing would be lifted.

Mr. and Mrs. H. Hamar have returned to town to reside. They moved to the coast last year but liking the prairie better returned to live here.

Bob Haskayne, Gleichen's versatile comedian had a lot of fun on April 1st at the expense of his friends. On that day he told almost everyone who went into his shop that their better halves wanted them on the phone. They have all sworn to get him next April.

People who did not obtain new ration last week will have to apply to a ration office on or after April 17 to obtain ration book 4. During ration book week 98 percent of the residents of Alberta obtained their new books. According to reports the distribution of the new books in Alberta went over like clock work and much credit is due the boards throughout the province, chairmen, secretaries and board members who organized the distribution centres and instructed distributing chiefs in their work.

The Indian cattle are being sprayed for warble grub which has damaged the hide and caused loss of weight to these animals. The spray is put on under a pressure of 400 pounds and two applications, given within 30 days, should kill all grubs. Many ranchers are now spraying their herds and it is anticipated that it will be compulsory within a year.

WITH THE WEEKLY NEWSPAPER MEN OVERSEAS

OUR FIRST WEEK IN LONDON

Thursday was spent with the troops at No. 1 Base Ordnance Workshop. R. C.O.C., where Canadian army vehicles and equipment is repaired by Canadian workmen who are doing a job surpassed by none. In 1940 the repairing of Canadian equipment caused much concern in Canadian army circles and Brigadier MacQueen, the D.Q.M.G., went to work to break the bottleneck. Through the energy and foresight of this officer the Canadians have a repair set-up today of which they must feel proud. It is true that a good many millions of dollars are represented in the many repair assembly buildings one sees for the equipment is all new and of the latest models. It is planned largely by a staff which carried on that type of work prior to the war, although here and there you will run into boys who are really learning a trade—somethng that will stand in good stead after the war is over. On the assembly line you will see men working as hard as if they were on piece work in a motor car plant and every hour the figures on the sign board change. Showing the production for the hour and the total for the day. Later we will try to give you a full outline of the work of the Base Ordnance Workshop, which covers some 500,000 square feet of floor space.

Late Thursday afternoon we continued our journey to where on Saturday we spent a few hours with some of the Canadian navy, Lt.-Cmdr. Wm. Slater conducting the party. Here we had an opportunity to look over the style of craft which may be used in the coming invasion of Europe. A little time was also spent on board one of England's warships which is used for training purposes. Most of our time was spent in one of the gun trurets and we marvelled at the ease with which the guns are handled, and, as the enemy knows— they hie their target. Vision at sea is limited to about five miles at sea level.

We have also had the opportunity of seeing some of the bomb damage caused in Southampton by the big raids around November and December, 1940. One section of the city is completely wiped out. Some 700 persons were killed in these raids and thousands made homeless. In all areas we visited one cannot help but note the large number of churches which have been destroyed. Today the people of this district have resumed their normal activities and things go on much as usual. They seem to think nothing of the destruction that is all around them. Some, we are in-

(Continued on another page)

MISCELLANEOUS ADS.

WANMED—To buy piano far cash. State make and price in letter to Box L Call, Gleichen.

A COUNTRY EDITOR SEES Ottawa

WRITTEN SPECIALLY FOR THE WEEKLY NEWSPAPERS OF CANADA by JIM GREENBLAT, Editor of the SUN SWIFT CURRENT SASKATCHEWAN

All this talk about Ottawa being a "girl town" seems to be ocular misconception. The whole nation will probability be astounded, as was the writer, to learn from latest figures of the Bureau of Statistics that Ottawa has 72,600 males, 82,351 females. But you would't think so by a street glance. Of the total, 31,500 were shown as English origin, 32,347 Irish, 19,520 of Scottish extraction and 48,081 French. Eskimos and Indians resident in Ottawa number 41.

At various times farmers have protested against daylight saving as a wartime measure. A survey by the Power Controller of Canada brought the information that for the Maritimes cancellation would mean an estimated 10 per cent increased power demand, undesirable at present Quebec's power in metropolitan areas would jump 60,000 H.P. which could not be taken care of by present generating capacity; Ontario would see demand rocketed by 75,000 H.P., while British Columbia generating stations are already overloaded. Only the prairie provinces report sufficient capacity to carry increased demand.

As Canada swings its mighty weight along into the fifth year of war our tremendous mass of war production hasn't slackened very perceptible. Canadian men and women still engaged directly in war production, or in ancillary industries, total over a million. Think of that. Since inception the Department of Munitions and Supply have awarded ten billion dollars in war contracts, some of which are still unfulfilled, and requisitions for additional weapons and supplies are being put through every day. Canada reached in 1943 the biggest record of domestic exports in history, an increase of 221.3 per cent over 1939, but more than 70 per cent of this amount was, of course, directly related to war needs.

What next? The R.C.A.F. is now training pigeons as paratroopers. Birds will be dropped in metal waterproof containers hitched to a small parachute when searching aircraft have located stranded airmen but can not get to them directly. The birds can be sent back by the airmen with messages on their needs as

(Continued on another page)

RELIANCE GRAIN Co.
Operators of Country Elevators in Manitoba, Saskatchewan and Alberta
Coal and Flour Handled at Most Stations
Our Agent will be Pleased to Serve You
G. R. BEAUDIN, Agent, CLUNY
D. MILLER, Agent, QUEENSTOWN

RENEWAL OF UNEMPLOYMENT INSURANCE BOOKS

To All Employers:

All Unemployment Insurance Books for the year ending March 31st, 1944, must be exchanged for new books.

Kindly communicate *immediately* with the nearest Employment and Selective Service Office if you have not already exchanged your employees' books.

There are severe penalties for failing to make Unemployment Insurance Contributions for your insured employees and for failure to renew the Insurance Books as required.

To All Employees:

If you are an insured person protect your benefit rights by seeing that your Insurance Book has been exchanged.

UNEMPLOYMENT INSURANCE COMMISSION
HON. HUMPHREY MITCHELL, *Minister of Labour*
LOUIS J. TROTTIER
R. J. TALLON
ALLAN M. MITCHELL
Commissioners.

BOMBS REQUIRE BONDS
Support the Victory Loan by purchasing Bonds
PIONEER GRAIN COMPANY LIMITED

Easy to roll, delightful — to smoke

Ogden's

FINE CUT CIGARETTE TOBACCO

A Survey Of Education

DURING THE TROUBLED times through which we are now passing, there is a general tendency to look ahead, and to hope for a better world when the war is ended. Education is a fundamental factor in social progress, and it holds an important place in any plans which we may make for post-war improvements. A recent report, made by the Survey Committee of the Canada and Newfoundland Education Association, contains some interesting facts concerning our Canadian schools, and points out some ways in which our educational system could be adjusted, to meet the needs of these changing times. There is a very well known saying to the effect that "the children of today are the citizens of tomorrow." With this in mind, outstanding educationalists have conducted a nation-wide survey, the first to be made here. Their report deals with numerous problems relating to our school systems.

* * * * *

Larger School Units Proposed

An adequate program of health service for all children is stressed as a fundamental need. This should include both medical and dental care. It is further proposed that educational opportunities be equalized in all areas, whether rural or urban. Canada at present has 20,610 school administrative units, and of this number 14,692 units employ only one teacher, while 1,430 employ but two teachers. These small units represent more than three quarters of the whole, and pupils are taught all subjects from grade one to grades nine or ten in one or two-room schools. Recommendations of the committee in this connection include the suggestion that larger units be set up to afford greater facilities for the children in rural districts, and that pupils living at a distance from the school be provided with transportation or living accommodation in hostels or boarding houses. It is also proposed that as soon as possible after the war, a building program be undertaken to supply necessary new buildings and to repair old ones, and that the number of supervisors and inspectors be increased. "Helping teachers" are suggested to assist class-room teachers, especially in the primary grades.

* * * * *

Many Reforms Are Outlined

In respect to financial matters, the report reveals that the amount of money spent per child per year varies widely throughout the Dominion, the minimum being $31.70 per pupil, and the maximum $83.38. The average teacher's salary in Canada is $782 per year, and 74.9 per cent. of the teachers receive less than $1,223 a year. This is compared with the average wages of workers in all Canadian industries, which was $1,207 a year in 1940. The report suggests that the present yearly school expenditure in the Dominion, which is $146,832,642, be doubled, and that additional annual expenditures be provided for. It proposes that all fees be abolished in elementary and secondary schools; a system of scholarships be set up to enable gifted students to continue their studies; that the average teacher's salary be raised to $1,321; that library facilities be improved and extended; that the school-leaving age be placed at sixteen years and that part-time attendance should be required until the age of eighteen. These are only some of the proposals which are made for improving the preparation of Canadian youth to assume the responsibilities of citizenship.

"I've found I can give up dosing!"

"I've found a far better way to correct constipation! One that gives me the kind of lasting relief I've always wanted, and never got, from harsh pills and purgatives. I've tried eversomany, but it's KELLOGG'S ALL-BRAN regularly for me from now on." Such a happy experience is just one of thousands

among people who have tried KELLOGG'S ALL-BRAN for constipation due to lack of "bulk" in the diet! ALL-BRAN *corrects* the cause of such trouble, by supplying "bulk-forming" material needed for easy, natural elimination! If this kind of constipation has plagued you, try eating KELLOGG'S ALL-BRAN regularly, or several ALL-BRAN muffins every day. Drink plenty of water. See if you don't praise its welcome relief! Get ALL-BRAN at your grocer's! 2 convenient sizes. Made by Kellogg's in London, Can.

BRIGHTENED BERLIN

The London Daily Sketch says Lord D'Abernon, when he went to Berlin as our first ambassador to the Weimar Republic after the last war, spent a great deal of money trying to make the place comfortable. It was during his time there that the front of the Embassy was given a coat of bright yellow paint—much to the astonishment of Berliners.

At every royal command performance in England, the stagehands must appear in evening dress and white gloves to shift scenery about.

JUST PAT ON
SLOAN'S
LINIMENT
for stiff, aching joints

HEMORRHOIDS
2 Special Remedies
by the Makers of Mecca Ointment

Mecca Pile Remedy No. 1 is for Protruding Bleeding Piles, and is sold in Tube, with pipe, for internal application. Price 75c. Mecca Pile Remedy No. 2 is for External Itching Piles. Sold in Jar, and is for external use only. Price 50c. Order by number from your Druggist.

Telephone Of Future

Will Be Self-Answering With Device For Taking Messages

A telephone that will answer itself and talk back to you when you come home was predicted by Bell Telephone Laboratories Inc., in New York for after the war.

The self-answering phone uses a recording device, usually a magnetic record on a steel tape, from which messages can later be erased by passing the tape between two poles of a magnet,, thus permitting it to be used again and again.

If nobody answers the phone, the caller can start talking to the tape. When the person called comes home, he picks up the receiver and the message is "played" to him.

A variation of this device already in use records a two-way conversation for permanent records, but somebody has to pick up the receiver to make it work.—Newsweek.

WHAT'S IN A NAME

The city council of Brierley Hill, Eng., advertised for a rat catcher at a salary of £5 a week, but got no response. The council decided to try again, but advertised this time for "a rodent operative"—and got one at £4 10s a week.

Winds "veer" when they change in clockwise direction.

2560

Out To Win

And President Of Britain's Board Of Trade Expects Co-operation

Hugh Dalton, president of Britain's Board of Trade, has slowed down more wheels than any other man in Britain. These were the wheels that produced peacetime goods; and he started them spinning again in factories rapidly equipped for war production. The long sequence of decrees framed by him has had more effect upon the lives of men, women and children in Britain than the edicts of any other Minister with the exception of Lord Woolton, says Augustus Muir in "Britain". But if anything is notable for its absence it is a grumble about the Dalton austerity drive. Mr. Dalton is out to win the war and he expects every member of his staff to keep pace with him. He sleeps in a room next door to his office and he is back at his desk after dinner at night. Seldom does he retire to his country house for a brief week-end; seldom does he see Mrs. Dalton, whose own hands are full with important war work. Before he took office as President of the Board of Trade, Mr. Dalton controlled the Ministry of Economic Warfare. He is an acknowledged expert in foreign politics and international trade relations. He served in France and on the Italian front in the last war, receiving a decoration for valor.

BACKACHE?
Look out for Trouble
With Your KIDNEYS

If your back aches or if you have disturbed sleep, burning or smarting, look out for trouble. This condition is a sure sign that your kidneys are not fully ridding your blood of poisonous acids and wastes. When the kidneys slow up, wastes collect. Backache, dizzy spells, puffy eyes and rheumatic pains may follow.

Your kidneys need help—and there is a time-tried, proven way to help them known as GOLD MEDAL Haarlem Oil Capsules. These Capsules contain carefully measured quantities of that widely known diuretic called Dutch Drops. You will find their action fast and effective.

Be sure you get GOLD MEDAL Haarlem Oil Capsules, the genuine and original Dutch Drops—packed in Canada. Get a 40c package from your druggist.

GEMS OF THOUGHT

TRUST

It is better to suffer wrong than to do it, and happier to be sometimes cheated than not to trust.—Samuel Johnson.

To be trusted is a greater compliment than to be loved.—George MacDonald.

Trust Truth, not error; and Truth will give you all that belongs to the rights of freedom. — Mary Baker Eddy.

We do not trust God, but tempt Him, when our expectations slacken our exertions.—M. Henry.

An undivided heart, which worships God alone, and trusts Him as it should, is raised above all anxiety for earthly wants.—Geikie.

The stars come nightly to the sky,
The tidal wave comes to the sea,
Nor time, nor space, nor deep, nor high,
Can keep my own away from me.
—John Burroughs.

JUST ONE MATCH

One match dropped carelessly in the pine needles of a national forest may do more property damage than hundreds of incendiary bombs dropped by a fleet of enemy planes.

Price Control And Rationing Information

Q.—It seems that the chocolate bars these days aren't to be compared with those we used to buy in size and yet the price is the same. Shouldn't there be a law prohibiting candy manufacturers from reducing the size of their bars?

A.—The Wartime Prices and Trade Board does control the weights of chocolate bars. All types of bars must weight just as much as they did during the basic period, in the fall of 1941. Here are the weights that were fixed: One and a half ounces for a moulded plain or milk chocolate bar. One and a quarter ounces for a moulded plain or milk bar with other ingredients. One and three quarter ounces for a chocolate-coated bar with a confectionary centre. And two ounces for a confectionary bar that is not chocolate-coated.

—o—

Q.—How can I obtain a ration book for new-born babies?

A.—To obtain the ration book for new-born babies, you must make application to your local ration board, bringing with you either the child's birth certificate or baptismal certificate.

—o—

Q.—What should be done with ration books belonging to persons who have died?

A.—If a member of a household dies, his or her ration book must be turned in to the local ration board immediately by the legal representative of the deceased, or by some member of the household.

—o—

Q.—I am about to move into a new home shortly, and yesterday on talking to the tenants who are moving out, I find that the landlord is charging me a higher rent than they have been paying. What should I do?

A.—If you are sure of your facts, I would suggest that you take the matter up with your landlord and try and get the matter adjusted between yourselves. If you can't get satisfaction this way, then I suggest you get in touch with the Rentals Administration, Wartime Prices and Trade Board, which will be located in the capital city of your province.

—o—

Q.—As a "war bride" newly arrived in Canada, how should I go about getting a ration book?

A.—Please apply to your local ration board which will deal with your request.

—o—

Please send your questions or your request for the pamphlet "Consumers' News" or the Blue Book (the book in which you keep track of your ceiling prices) mentioning the name of this paper to the nearest Wartime Prices and Trade Board office in your province.

* * *
if You Want RELIEF FAST from that
COUGH, COLD
BRONCHITIS, ASTHMA
Take...
BUCKLEY'S MIXTURE
It's All Medication
No Syrup—
IT'S BETTER
IT'S BUCKLEY'S
THAT'S WHY

Italian Girl Washes Canucks' Clothes

—Canadian Army Overseas photo.

On excellent terms with the inhabitants are the Canadian troops in Italy. Here Pte. Roney Nagel of Leader, Sask., gets his laundry back from the Italian girl who washed it for him.

To-day, as always, the 'Salada' label is your guarantee of a uniform blend of fine quality teas.

"SALADA"
TEA

HEALTH LEAGUE OF CANADA

Speaking Of Breakfast!

There are breakfasts AND breakfasts! Is yours one that will give your body the best possible start for the day's work and recreation that lies ahead—or is it merely the cup of coffee that gives brief stimulation without providing energy and stamina? To start the day without breakfast is like trying to run an automobile without gas or oil.

If we slight breakfast, it is almost impossible to secure a sufficient amount of food, and the recommended daily amounts of those important food essentials at the other meals. Someone has stated that "if more children ate an adequate breakfast before coming to school, we would see more A's on the report cards and fewer A's in the register because of illness."

An adequate breakfast is a nourishing meal that will supply the foods which you are not apt to eat in the other meals, and also is a meal that is substantial in "breaking the fast" and supplying energy for a new day. An adequate breakfast also contains the energy-giving foods and the regulating foods. It should supply about one-fourth of the daily calories, and should always be considered in planning the day's meals as a whole.

Growing children need to have fruit or fruit juice, a cooked whole-grain cereal, occasionally interchanged with a ready-to-eat cereal, an egg, toast, and all the milk they can drink.

Remember that good breakfasts get the day off to a good start.

Haile Selassie

Art Of Cooking Taught Negus By United States Woman

Haile Selassie, Negus of Abyssinia, and his wife have developed a liking for American strawberry tarts—all because of Mrs. Della Hanson of Hutchinson, Minn.

Gray-haired, middle-aged Mrs. Hanson also has introduced the Negus and his family to other delights of American cookery such as planked steaks, apple pie, and occasionally ice cream.

The Cairo French daily "Journal d'Egypton" writes, "Herbert Hanson and his wife, Della, arrived at Addis Ababa about 10 years ago to take their place among the missionaries of the Seventh Day Adventist Church. They stayed in the country despite the Italian invasion and devoted their energy to healing wounded Abyssinians. They returned to Addis Ababa when the British forces entered the capital."

When Haile Selassie returned to his throne he needed a housekeeper, and Mrs. Hanson accepted the job. She immediately began supervision of the emperor's five cooks and introduced such strange dishes as potato salad.

Mrs. Hanson also buys the Empress' dresses.

A Good Idea

Bridge Built By Eighth Army Sappers Named Ponte Monty

To the accompaniment of singing by a choir formed mainly of Welshmen, Eighth Army sappers recently completed their greatest bridge-building feat of the war. About 380 of them, with 100 laborers, flung a 1,200-ft.-long steel bridge across a river in 10 days. At night the men, who hailed from all parts of the Empire, worked under floodlights with officers always ready to switch them off at the approach of enemy aircraft. Gen. Montgomery watched the early stages of the building. Once he put his shoulders to a girder to help move it into position. "That suggests the name for the bridge, sir," said an officer standing by. "What's that?" asked Montgomery. "Ponte Monty," said the officer. That is not the official name of the bridge, but throughout the Eighth Army it is known as Ponte Monty, reports the London Daily Herald.

SCHARNHORST BATTLE

The problem in the last battle with the "Scharnhorst" was to get her within range of the "Duke of York's" 14-inch guns. The courageous attack of three British destroyers against the much heavier guns of the "Scharnhorst" achieved this end, This makes a remarkable contrast with the German destroyers accompanying the "Scharnhorst" who made off and took no part in the action.

When Russians asked a captured German where his divsion was he said, "I'm the division." The rest of it had something to do with subtraction.

In the Yukon gold rush many years ago, miners paid $10 each for eggs.

CHILDREN'S COLDS

FOR DIRECT RELIEF from miseries of colds—coughing, phlegm, irritation, clogged upper air passages—rub throat, chest, and back with Vicks VapoRub. Its poultice-and-vapor action brings relief without dosing.

ALSO, FOR HEAD COLD "sniffles", melt a spoonful of VapoRub in hot water. Then have the child breathe in the steaming vapors.

VICKS VAPORUB

Food Rationing

Will Continue For Some Years Says British Food Minister

British Food Minister, Col. John L. Llewellyn made an audience of women in London gasp when he told them food rationing would continue for some years after the end of the war.

Explaining the necessity for the continuance of rationing, the minister said: "You cannot take a lot of able young men off farms, not only here but in Canada, the United States, Australia and New Zealand, deprive the land of fertility, and expect farm production to be kept up."

BURGESS
Builds good
BATTERIES

Today, users of radio battery sets value more than ever the extra quality built into BURGESS.

For RADIO, FLASHLIGHT and IGNITION

Ask for BURGESS
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Dr. Miles Nervine helps relieve nervous tension because it is a mild sedative. Take it according to directions to help calm your nerves and to improve your sleep. Effervescing Nervine Tablets are 35c and 75c. Nervine Liquid is 25c and $1.00.

DR. MILES NERVINE

OUR COMPLETE SHORT STORY—

A Study In Technique

By V. B. DOBSON

McClure Newspaper Syndicate

Sam Granger went out with only the prettiest girls. Nothing unusual about that, of course. Lots of men do it—men who are either good looking or rich, or both. Sam was neither. Sam was in the garage business. A fair to middling business, with little danger of his getting rich.

As for his good looks—I couldn't see any, though I was his best friend and not too critical. He was short. His hair was mud-colored and thin in spots. His complexion was florid and healthy looking. In short, he was anything but a tall, dark-haired, bronze-faced god.

In spite of that, the girls went for him. I made up my mind to find out why, figuring that with my looks and his technique—once I got on to it—I'd be able to go places.

A new restaurant opened up a couple of blocks from the garage. "So what?" Sam said when one of his helpers told us about it.

"This restaurant owner knows how to pick waitresses. He's got a couple of knockouts working for him."

I didn't ask Sam if he was going to try the new restaurant that day. When he said he was going out to eat, I told him I was going too, and fell in step beside him.

We took a table. At sight of the girl who made her way toward us I think we both got a little wide-eyed. She was all there, all right. "Nice day," Sam told her.

"Yes, sir. What will you have, sir?" You'd think she was a robot serving a couple of other robots, that's how much interest she showed in us. It was that way through the whole meal. All she said was "Yes, sir," and "No, sir," in a way that was discouraging.

"Buddy," says I to myself, "you might as well quit studying Sam's technique because it won't work with this doll. The only guy who could impress her is Robert Taylor, and even he would have a tough time doing it."

But Sam wasn't discouraged. He was the sort of fellow who just didn't know how to quit. He paid the check, smoked a while thoughtfully, then reached in his pocket for a tip to leave beside the plate. With some change he brought out also an assortment of nuts, screws and telephone slugs. He put two bits under the plate, changed his mind, picked it up and put down a couple of screws, a nut and two or three telephone slugs.

"What did you do that for?" I asked when we were out.

"A girl like that is used to getting two-bit tips. She ain't used to being tipped with junk. It'll make her wonder about me."

Maybe it would and maybe it wouldn't. We ate there often after that. Sam tried hard to start a conversation with her and got nowhere. Lora—that's what her boss called her—was polite. Too polite. But she wouldn't get chummy. I was getting to feel sorry for Sam. Maybe if he gave her a decent tip a couple of times. . . But no, he continued to tip her with junk.

Any other girl would have wanted to know, "What's the idea?" But not Lora. She never said a word about the nuts and bolts. From her attitude you'd think it was the right stuff with which to tip a patient, hard-working girl.

This went on for a couple of weeks. Then one day Sam handed her a five-dollar bill with his check. That was all he had with him. Lora went to the cashier, and a little later came back with the change on a plate. Only it wasn't change. It was a lot of telephone slugs, screws and nuts. Sam just looked at it. "Correct?" she asked.

Sam didn't bat an eye. He took the plate, poured the junk in his hand and put it in his pocket. "Correct," he said, and went out whistling.

We walked a block before he spoke again. "That girl's not only pretty but she's got a sense of humor. I'm going to marry her."

"That so? Well, I'm going to run for President."

"Laugh if you want to, Bud. That was an inspiration—tipping her with the junk in my pocket. It not only interested her in me but it revealed her character. She's a clever kid."

I knew that. I laughed again at the thought of Sam marrying her.

When we walked into the restaurant the next day, the girl working with Lora smiled brightly, their boss grinned and Lora laughed right out loud. They all said "Hello" as they would to their best friends.

Lora took our order, still laughing, and for the first time acting chummy.

Sam asked her, "What are you doing tonight?"

Her eyes grew eager. "Nothing."

"Care to take in a show with me?"

"Why—I'd be glad to. There's a show I've been dying to see—"

I knew women well enough to notice it wasn't the show she was dying to see as much as she was dying to go out with Sam.

"How in the world did you do it?" I asked him after she left with our order.

"You ought to know," said Sam. "You saw me do it."

"Yes, I saw you but—well, do you think if I sat at one of the tables the other girl serves and tipped her with a few nuts and bolts—"

"Bud, you're a simp. That technique is stale now."

This Week's Pattern

By ANNE ADAMS

A smart two-piecer for both Mother and Daughter is Pattern 4635. It comes in two entirely different size ranges, draped to different types of figures. If you are a willowy miss choose from sizes 12 to 20 . . . . if a matron, 30 to 48. Surprise! Sundress version included!

Pattern 4635 is available in misses' sizes 12 to 20; women's sizes 30 to 48. Size 36 takes 3¾ yards 35-inch fabric.

Send twenty cents (20c) in coins (stamps cannot be accepted) for this pattern. Write plainly Size, Name, Address and Style Number and send orders to the Anne Adams Pattern Dept., Winnipeg Newspaper Union, 175 McDermot Ave. E., Winnipeg, Man. "Because of the slowness of the mails delivery of our patterns may take a few days longer than usual."

Could Do Damage

Germany Still Has Several Large Battleships In Her Fleet

W. L. Clark, in the Windsor Star, says: Germany has lost the Graf Spee, Bismarck and Scharnhorst sunk, the Tirpitz damaged, and the Gneisenau out of action.

The Nazis still have the Hipper, Prince Eugen, Luetzow, Admiral Scheer, Nurnberg Leipzig and Emden as large units of the fleet.

Any one of these vessels can do a lot of damage, if it gets loose and on the convoy prowl. Sailors of the United Nations have to be keyed to the alert at all times, watching for the Nazis, never knowing when one of them may turn up and do battle.

The Germans do not relish shooting it out with the Allies, but every now and again there is a stand up and fight engagement. Families of those who went down with H.M.S. Hood know that.

THE HELICOPTER

Principally made of metal, the helicopter lends itself to mass production, and it is estimated that its cost should eventually be about that of a medium priced automobile.

Waste Paper

Tons Of Paper Salvaged From Trains On Canadian National Railways

To anyone but a railroader it would be a sixty-four-dollar question to know what happens to newspapers, magazines and other paper left on trains by the travelling public. On the Canadian National Railways this material is carefully salvaged in the various coach yards throughout the National System. Before leaving on another run, all passenger equipment is thoroughly cleaned in a coach yard and here all waste paper is collected, baled and disposed of through regular reclamation channels.

Since the start of the war and to the end of 1943, waste paper saved by the employees of the Canadian National Railways amounted to 5,389,571 pounds. This figure includes paper salvaged by the coach yards and all other departments and disposed of by the Railway's stores department. According to the stores department, the amounts of waste paper salvaged ranges from one million to a million and a half pounds each year.

Some of the waste paper is ultimately used to make Red Cross prisoner of war parcel cartons, and if Canadian National's collection since September, 1939, were used exclusively for that purpose there would be sufficient for 7,485,515 cartons. It requires 72 pounds of waste paper to make 100 such cartons.

SMILE AWHILE

Mrs. Blank—Do you want employment?

Tramp—Lady, you mean well, but you can't make work sound any better by using a big word for it.

• • • •

Teacher—Junior, if I saw a boy beating a donkey and stopped him, what virtue would I be showing?

Junior—Brotherly love.

• • • •

Customer—Do you give a guarantee with this hair restorer?

Barber—Guarante, sir? Why we give a comb.

• • • •

Friend—What kind of a time did you have in the police court this morning?

Motorist—Fine.

• • • •

Stranger—I've come out here to make an honest living.

Native—Well, there's not much competition.

• • • •

First Sailor (on first convoy duty)—Did you ever see so much water in all your life?

Second Sailor (a veteran)—You haven't seen nothin'. That's only the top.

• • • •

Soldier—Janet, will you marry me?

Janet—why, you couldn't keep me in handkerchiefs!

Soldier—Well, you don't expect to have a cold the rest of your life, do you?

• • • •

The Boss (who has just dropped in on the baseball game)—So this is your uncle's funeral, Clarence?

Office Boy—Looks like it, sir. He's the umpire.

• • • •

Lady—Can't you find work?

Tramp—Yessum, but every one wants a reference from my last employer.

Lady—And you can't get one?

Tramp—No, mum. You see, he's been dead 28 years.

• • • •

"How old would you say she is?"

"Oh, somewhere in the early flirties."

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GARDEN NOTES

Cultivation

One real cultivation before planting will save hours of labor later on and a good deal of disappointment. Any authority on gardening stresses the importance of thorough preparation of the soil. This applies to both vegetable and flowers.

Assuming the place is fairly level, the first job will be a complete spading, or plowing if it is big enough and possible. Care should be taken to see that all old sod and other coarse vegetable refuse is thoroughly buried, and if possible broken up a bit. Then it is best to cultivate. In small plots a rake will do the work until the soil is broken down as fine as possible. If there is time it is then an excellent idea to allow the garden, or at least the later planted part, to rest for a few days to encourage weed seeds to sprout. The second and third cultivation, of course, will then kill these things easily, making the handling of the garden later on that much easier.

Better Varieties

Gardening beginners often make the mistake of asking for varieties that perhaps were popular many years ago, without realizing that there has been vast improvement and much better kinds are now available. Plant breeders, have been steadily turning out better varieties, bigger, earlier and more tender than many of us knew in the old days.

Corns have been developed that give larger cobs, thicker and juicier kernels. There are beets and carrots that grow more quickly; radishes that are fit to use in a matter of days from the time of seeding; spinach that will not go to seed and become coarse so quickly; peas that will be ready to put in the pot in from 50 to 60 days.

All these points are most important, and especially to the beginner or the gardener in parts of Canada where early frosts are all too frequent. These varieties are much too numerous to be mentioned in detail here. The prospective gardener is advised to secure a good seed catalogue or up-to-date government bulletin which lists varieties suitable for the various areas of Canada. Incidentally, all varieties listed in Canadian seed catalogues are specially selected to thrive under Canadian conditions.

Planting Test

Two factors determine the time to plant—the condition of the soil and the hardiness of whatever is being planted. Experts stress the extreme importance of the first point which, they say, is very often ignored by the over-eager beginner. If soil is dug too soon, while it is still very moist, the work of cultivation is often doubled or trebled and injury to the crops planted is serious. Heavy soil will almost invariably form into hard lumps that may require almost an axe to break them up.

The easy test to determine when the soil is ready is to walk across it. If it is muddy and sticks tight to the shoes, then it is best to allow it to dry out some more. If it merely presses down and crumbles when handled and brushes off shoes easily, then it is right. This is the old test of the practical gardener.

GOT HIS ANSWER

"I cannot understand why you call yourself a kind father," he wrote his dad, "when you haven't sent me a cheque for three weeks. What kind of kindness do you call that?"

"That's unremitting kindness," wrote the father in his next letter.

Authorities of Zurich, Switzerland, have recommended that children be required to go bare-footed during the summer to conserve leather. 2560

Saw Them Anyway

But Flier Was Too Far Away To Buy Nuts

The other day in Montreal two flying boys were completing their Valentine shopping. "Another item and I'm through," one told the other. "I crave nuts. Saw some beauties in a store window. Let's go."

They did go, up and down St. Catherine street and side streets, ogling every display. No nuts.

"I know I saw them," the senior flier persisted. "They were in a carton beside a box of dried apricots."

Further search brought no better luck. They were at dinner some hours later when it came to him.

"I know where I saw those nuts," he suddenly recalled. "It was in Reykjavik, Iceland."

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You can obtain Moone's Emerald Oil in the original bottle at any good drugstore. Satisfaction guaranteed or money back.

OPINION IN CHINA

Most people in China believe that the defeat of Germany will "not be followed by a quick collapse of Japan," Dr. Wang Shihchieh, chief counsellor to Generalissimo Chiang Kai-shek and members of the presidium of the People's Political Council of China, said at a press conference at Ottawa.

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So often now— NAMES MAKE SAD NEWS*

● The names in this newspaper that interest you most are names of boys you know who are on active service . . . boys from this community. You used to read their names in school reports, in church and Sunday school items, in news of sport. You read these names today in news from the fighting fronts. So often now these names make sad news.

Let's do all we can to hasten the day when our newspapers can tell of happy things.

Yes, we can do something to hasten that glad day.

When we do this job we help to win victory sooner. We help to end the war sooner. And we do something to benefit ourselves.

The job that we are asked to do is to save our money and lend it to our country.

As each new fighting front is opened more money is needed. More people must be ready to furnish this money.

More Victory Bonds will be issued. Those who have not bought Victory Bonds before must buy them. Those who have bought bonds must buy more. We are not asked to give . . . we are just asked to lend. We will have money for things we plan to do, after the war.

Dedicate yourself to this war effort . . . something you can do . . . one thing you must do. *Your* help is urgently needed.

*(*A Newspaper saying—"Names Make News"*)

Be Ready to Buy MORE VICTORY BONDS

6-39

National War Fi[illegible]

USE GOOD SEED

Producers for their protection should check the germination of home-grown seed.

For FREE GERMINATION TESTS leave your grain samples with your

ALBERTA PACIFIC AGENT

42

BEARS IN THE NATIONAL PARKS

Among the great attractions afforded by Canada's national parks is the opportunity to see wild animals in their natural surroundings, but cured of the fear of man. All national parks are wild life sanctuaries. The animals soon learn that man will not harm them, and they become very tame. Sometimes, particularly in the case of bears this proves to be their undoing.

The public loves to feed bears, and otherwise to fraternize with them. Notices in the parks and in the parks literature asking them not to do so have little effect. Perhaps if they understood that being "kind" to a bear is the most unkind thing they can do to him, the park regulations would be better observed.

Instances abound where bears had been petted until they became so bold and troublesome that they had to be destroyed. In Waterton Lakes National Park a mother bear and her two cubs, which had been pampered by tourists, tore the screen door off a cottage while the family were out and helped themselves to some freshly baked pies. They also knockover and damaged the icebox; food, glassware, and china were destroyed. It became necessary to shoot the mother bear, and it is feared that the same treatment may yet have to be given the cubs.

In another instance two little cubs were apparently trying to climb a tree, and two little girls tried to give them a helping hand. Just then the mother bear appeared, and cuffed one of the children on the cheek with such violence that medical attention was required, and the girl may carry a scar for life.

In Prince Albert National Park, in Saskatchewan, a man was about to enter his cabin when he saw the rear end of a bear protruding from the corner of the building. Realizing that the bear was eating out of the garbage can, he thought it would be a wonderful opportunity to surprise him. Thereupon he picked up a piece of 2x4 and, sneaking up on the bear, gave it a hefty wallop. Quick as a flash the bear whipped around and struck at his attacker, who wasn't quick enough in getting away. Fortunately the man lost only part of his clothing, and was able to get into the cabin before the bear could land another blow or the results might have been much more serious.

The black bear is one of the most playful and humourous of all animals but he is still a bear. He does not seek man's company in the first place, and, when it is thrust upon him, he is likely to abuse it. If he is pampered he expects more pampering. If he is given half a pie he will take the other half, if it is within the reach of his powerful paws. Then there are complaints that he has become a nuisance, and he is shot. And it really is not his fault.

(Continued from page one)

WITH THE WEEKLY

formed, have already had an adjustment made on their loss but they cannot rebuild today on account of the restrictions on materials.

Later Friday we spent a short time aboard Nelson's famous flagship the "Victory". Comparing the power of the 104 guns which Nelson's ship carried with modern day equipment, we were told that the weight of ammunition thrown by that one broadside would barely equal that of one shell thrown by a modern 15-inch gun. German bombs have left their mark on the Victory as one went right through the ship leaving a large gap about ten feet square. The outward appearance, however, is such as that one would never suspect it and the famous flagship still stands there as an inspiration to the men of the sea.

On Sunday I paid a visit to Catford, where 36 school children lost their lives in one of the worst tragedies to strike England during the war. At play during recess the children were struck down by the Hun airmen who blew half their school building and machine gunned the children at play. "I was sitting here in my window," said an aged lady to the writer, "that day when the planes came over. I saw them break into three groups and one group turned towards the school. I heard the awful explosion of the bomb. Thirty-six children were killed and their grave is just a few streets down from here where they are buried together." We had heard there were no military objectives in the locality of the school and we went there to see for ourselves. As far as our eyes could see there was no industry of any kind—just a district of homes. Only bloodthirsty criminals could have been responsible for the attack.

(Continued from page one)

A WEEKLY EDITOR

Farmers can use their own trucks to haul farm material or farm products anywhere. The regulations limiting the use of private commercial trucks to a 35 mile distance from their home address without special permit does not apply to farmers using their own trucks. By April 1, when the new gasoline ration year starts, the Prices Board figures that every milk transporting truck except that of the farmer hauling his own product will be under zoned permit. On the basis of these permits the gasoline requirements of each route will be calculated, for the protection of the dairy industry as a whole. According to the Board estimates, zoned collections have resulted in reductions up to 44 percent in number of trucks used, with consequent large savings in gas, rubber and equipment.

SEEDTIME and HARVEST

91

By
DR. K. W. NEATBY
Director
Line Elevators Farm Service

A New Bulletin

Line Elevators Farm Service have the enviable distinction of having published the first Canadian bulletin devoted entirely to the problem of water erosion of soils. This was Bulletin No. 1. In less than three years, 50,000 copies were distributed. It has now been out of print for about a year. The urgency of the problem is fully recognized in government circles, and several Dominion Experimental Stations have, for some years, been conducting experiments on control methods.

Bulletin No. 1 was concerned, chiefly, with drawing public attention to the problem itself, and very little space was devoted to control.

Bulletin No. 4 is now ready for distribution. It is entitled "Water Erosion of Soils in the Prairie Provinces and Its Control." Mr. L. B. Thomson, Superintendent, Dominion Experimental Station, Swift Current, and his staff, have offered invaluable advice and assistance in the preparation of the manuscript. The bulletin has, also, benefited immeasurably from criticisms and suggestions made by Professor John Mitchell, University of Saskatchewan, Mr. W. D. Albright, Dominion Experimental Station, Beaverlodge, and Mr. M. J. Tinline, Dominion Experimental Farm, Brandon.

The information published is, therefore, authoritative. Farmers, country school teachers and their students may secure copies through Line Elevator agents or by writing directly to Line Elevators Farm Service, Grain Exchange Building, Winnipeg, or Herald Building, Calgary.

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